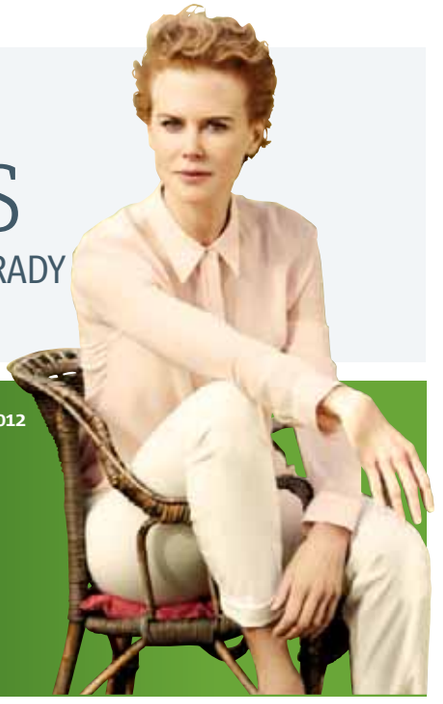
Single men, bad habits

Study shows bachelors most likely to believe they don't have control over their own health PAGE 19

STARS SHARE THEIR TV FAVES

EMMY NOMINEE NICOLE KIDMAN LIKED BRADY BUNCH AND BEWITCHED GROWING UP PAGE 14



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Tuesday, September 18, 2012

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NHL lockout hits regular folk

Layoffs. Lockout raises questions not only about when the Sens will hit the ice but also how the team's foundation will support local charities

The contract dispute between NHL players and team owners is hurting more than millionaires, the Ottawa Senators' president revealed Monday — some full-time staff at the stadium have been laid off as a result.

Team president Cyril Leeder wouldn't say how many people had been laid off, only noting that it was a "significant number" and "more than 10."

Leeder told media some other staff have moved to a four-day work week. The layoffs took effect Monday.

"We're planning for all scenarios right now," Leeder said.

Ticket sales slowed over the past couple of weeks once there was talk of a possible lockout, Leeder said. He said refunds will be an option for season-ticket holders if there are no games.

Another impact the lockout has on the team is the Ottawa Senators Foundation's fundraising.

He said the foundation needs to "work harder" to raise money and find new ways of doing so.

"The group that relies on us the most, really, is Roger's House, and we have a commitment of almost $1 million each year to that group to ensure they can operate effectively," said Leeder. "We've told them in certain terms they don't have to worry. We'll make good on that commitment."

He said the smaller groups would be "taken care of," as well.

"We want to play hockey as badly as you do and the right economic agreement is important for the Ottawa Senators," he said. "Hopefully, we'll get back to playing hockey as soon as possible."

JOE LOFARO/METRO

Ottawa Senators president Cyril Leeder talks to media about the NHL lockout and resulting layoffs for some full-time staff at Scotiabank Place. JOE LOFARO/METRO

Autism knot

Long waits for autism treatment funding — as much as two and a half years — are bad for families, says a local therapist PAGE 3

Ban boobs: Royal family

French court asked to stop further publication of topless Kate Middleton pics PAGE 10

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Autism funding puts families in financial bind: Therapist

Queue. Average wait for intensive behavioural intervention between 18 and 24 months

A therapist at Ottawa's Portia Learning Centre says long waits for autism therapy funding from the provincial government are putting some families in a bind.

Matthew Spooner said families can wait up to two and a half years for a program called intensive behavioural intervention, which is offered through a number of organizations throughout Ottawa. The catch is the funding isn't retroactive. If parents decide to pay for intensive behavioural intervention before they're approved for funding, they don't get reimbursed, said Spooner.

"They have to wait about two or two and a half years before they can receive some of this funding, so in the meantime they're faced with the decision, 'Do we wait until get funding, or do we pay out of our own pocket and put our family in lots of debt to help our child,'" Spooner said Monday.

Funding for the program is provided through the province's Department of Children and Youth Services, and administered by the Children's Hospital of Ottawa. According to CHEO, 84 children are currently funded for the program. An additional 86 are now on the waiting list, while 125 kids are waiting to see if they're eligible for funding.

CHEO bills intensive behavioural intervention as a "comprehensive approach that is used to teach a broad range of skills, such as communication, socialization, self-help, pre-academics and play." The goal is to help autistic children catch up to their peers by increasing their rates of learning.

Spooner said research shows that interventions of this kind are most effective when children are between the ages of two and five, meaning the wait times for funding can hurt a child's chances. He added most children in the area aren't diagnosed until age four. ALEX BOUTILIER/METRO

Getting help

"As of March 31, 2012, over 1,400 children were receiving intensive behavioural intervention; almost triple the number of kids since 2003."

Gloria Bacci-Puhl, spokeswoman for the Ministry of Children and Youth Services

'Stop Harper' protests held by Occupy, unions

Protesters waving anti-Stephen Harper signs marched from Confederation Park to Parliament Hill Monday, marking the one-year anniversary of the Occupy Wall Street protests.

About 100 protesters demanded democracy while calling for the ouster of Prime Minister Stephen Harper, whose government was democratically elected in May 2011.

"We need to turn this success (of the Occupy movement) into electoral success," Ontario Federation of Labour President Sid Ryan told the crowd on the steps of Parliament. "We need to vote this bum out of office."

Many occupiers made the trip down from Toronto for the rally, held as MPs made their way in to the House of Commons for the first sitting of the fall. Aside from the anti-Harper theme, the rally also reflected on the successes of the global Occupy movement — as well as what comes next.

Arrests

- **South of the border.** More than 100 people were arrested in New York's financial district as small bands of Occupiers took to the streets on Monday.

For Jordanna Heywood, the movement's main victory was bringing a discussion about corporate wealth and capitalism to the fore.

"(It) started a lot of conversation," said Heywood. "I'm also here on the first day of Parliament because I feel that the Canadian government is leading our country ... in an (increasingly) bad direction."

Bruce Dorland, of Oshawa, said he was certain the Occupy movement would continue, but perhaps not in the form seen across the country last year. ALEX BOUTILIER/METRO

Toronto's Test, of Test Their Logik, opens Occupy's one-year anniversary with a rap on Monday afternoon in Ottawa. About 100 gathered on Parliament Hill to mark the anniversary. ALEX BOUTILIER/METRO

SMEN 1

Mobile news

Qriket

As Zellers closes its doors, the company has put Zeddy the mascot up for grabs. Scan the code to watch what the famed bear has to say about the situation.

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Joshua Phillips, 13, poses with Canadian Paralympic gold medallist Benoit St. Amand, left, and former NFL and CFL player Mark Hatfield at the Children's Miracle Network's VIP luncheon at the Government Conference Centre in Ottawa on Monday. JOE LOFARO/METRO

Young stroke survivor offers message of hope

Children's Miracle Network. 13-year-old serves as inspirational figure for other youth

JOE LOFARO
joe.lofaro@metronews.ca

For Joshua Phillips, Dec. 25, 2008, will forever remain ingrained in his memory.

One minute, he was taking a break during Christmas dinner to play hockey with mini-sticks with his cousins. The next minute, a blood clot in his brain stem caused a stroke that paralyzed the left side of his body.

"It felt absolutely strange," said Joshua, who is left-handed. "You just don't know what's going on at that time."

The Renfrew District Christian School student, now 13, is among 12 Canadian youth selected to represent Canada in the Children's Miracle Network Champions Program. The dozen kids met each other at the Government Conference Centre in Ottawa on Monday before heading off to Walt Disney World in Orlando, Fla., to meet U.S. Champions.

Joshua's parents say his condition was so serious doctors at a Renfrew hospital had him airlifted by helicopter to the Children's Hospital of Eastern Ontario (CHEO).

The doctor "said that, knowing where the clot was, she said he would probably never walk again," said Joshua's mother, Susan. "She said if he did walk, he would need a brace or a walker."

But Joshua is walking after a 50-day stay at CHEO, routine physiotherapy and therapeutic piano sessions.

His mobility has recovered almost completely and he is able to play hockey once again. He says the thought of never being able to walk again never crossed his mind.

Joshua is an inspiration to the 17 million other kids who are treated each year at Children's Miracle Network hospitals across Canada. For them, he has one simple message:

"Don't give up."

Follow Joe Lofaro on Twitter @giuseppelo

Fundraiser

CHEO unveils lotto dream home

The single biggest fundraiser for the Children's Hospital of Eastern Ontario is expected to raise $2.7 million for the hospital this year.

The top prize in the Dream of a Lifetime Lottery is a $1.6-million, Minto-built home in Manotick that boasts 4,563 square feet of space and comes with $100,000, a new Lincoln MKS, a year's house cleaning and $5,000 in groceries.

Second prize in the lotto is a cash, car, jewelry and cruise package worth $160,000.

Other prizes are detailed on the dreamofalifetime.ca website. Tickets are $100 each. SEAN MCKIBBON/METRO

Kevin Keohane, COO of the CHEO Foundation, shows off the 2012 CHEO Dream of a Lifetime Lottery dream home. SEAN MCKIBBON/METRO

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Hezbollah leader emerges to spur on protests against U.S.

Anti-Islam video.
Demonstrations at U.S. institutions abroad turn violent

In a rare public appearance, the leader of the militant Hezbollah group exhorted hundreds of thousands of supporters Monday to keep up the campaign against an anti-Islam video that has unleashed deadly violence and anger at the United States across the Muslim world.

Although the massive, well-organized rally in Beirut was peaceful, protesters in Afghanistan set fires near a U.S. military base, clashed with police in Pakistan, where one demonstrator was killed, and battled with officers outside the U.S. Embassy in Jakarta, Indonesia, the world's most populous Muslim country.

The turmoil surrounding the low-budget video that mocks the Prophet Muhammad showed no sign of ebbing in the week after protesters first swarmed the walls of the U.S. Embassy in Cairo. Four Americans, including the U.S. ambassador to Libya, died amid a demonstration in the eastern Libyan city of Benghazi.

At least 10 protesters have died in the riots, and the targeting of Western diplomatic sites has forced Washington to increase security in several countries. Diplomats at the U.S. Embassy in Beirut destroyed classified material as a security precaution, according to a State Department status report.

The appeal for sustained protests by Sheikh Hassan Nasrallah, the leader of Lebanon's powerful Hezbollah group, could stoke more fury over the video, Innocence of Muslims. Nasrallah has rarely been seen in public since his group battled Israel in a month-long war in 2006, fearing Israeli assassination. Since then, he has communicated with his followers and gives news conference mostly via satellite link.

He spoke for about 15 minutes before a rapturous crowd estimated by police at about 500,000, many with headbands of green and yellow — the colours of Hezbollah — and the words "at your service God's prophet" written on them. THE ASSOCIATED PRESS

Backlash around the world

- Russia's Prosecutor General's office said Monday it will ask the courts to outlaw the Innocence of Muslims film as "extremist and offending believers." The office said it already has urged leading Internet providers to prevent its spread across the web.
- Iran's top leader urged the West Monday to show it respects Muslims by blocking the film, saying Western leaders must prove they are not "accomplices" in a "big crime."
- Authorities in Germany are considering whether to ban the public screening of the film, German Chancellor Angela Merkel said Monday.

A woman smokes a water pipe as she sits in an empty lot with her family watching Hezbollah supporters march during a rally denouncing an anti-Islam film that has provoked a week of unrest in Muslim countries worldwide, in the southern suburb of Beirut on Monday. HUSSEIN MALLA/THE ASSOCIATED PRESS

Footage surfaces

Rescue bid documented

Libyans tried to rescue Ambassador Chris Stevens, cheering "God is great" and rushing him to a hospital after they discovered him still clinging to life inside the U.S. Consulate, according to witnesses and a new video that emerged Monday from last week's attack in the city of Benghazi.

The group of Libyans had stumbled across Stevens' seemingly lifeless form inside a dark room and didn't know who he was, only that he was a foreigner, the man who shot the video and two other witnesses said.

The account underlines the confusion that reigned during the assault by protesters and heavily armed gunmen that overwhelmed the consulate in Benghazi last Tuesday night, killing four Americans, including Stevens, who died from smoke inhalation soon after he was found.
THE ASSOCIATED PRESS

Anti-American protests

U.S. diplomats at Beirut embassy destroy documents

Diplomats at the U.S. Embassy in Beirut have started to destroy classified material as a security precaution amid anti-American protests in Lebanon and elsewhere in the Middle East and North Africa.

A State Department status report said the Beirut embassy had "reviewed its emergency procedures and is beginning to destroy classified holdings." It also said that local Lebanese employees were sent home early due to protests by the militant Shiite group Hezbollah over an anti-Muslim film produced in the U.S.
THE ASSOCIATED PRESS

Italy to represent Canada's interests in Tehran

Italy Foreign Minister Giulio Terzi
THE CANADIAN PRESS FILE

Italian Foreign Minister Giulio Terzi says Italy will look after Canadian interests in Iran after Canada shut down its embassy there earlier this month.

Terzi said Monday that Canada, Italy's "important friend and ally," had requested Rome assume protection of Canadian interests there following the Sept. 7 closure of the embassy in Tehran.

Canada also severed diplomatic relations with Iran and ordered Iranian diplomats to leave, branding the Islamic republic as the most significant threat to world peace.

The surprise move reinforced Canada's close ties with Israel, Tehran's arch enemy.

Iran called Canada's embassy closure "hasty and unwise" and said it would react in the near future.

Tehran denies suspicions it is intent on developing nuclear weapons, with Israel especially worried.

Switzerland represents U.S. interests in Iran.
THE ASSOCIATED PRESS

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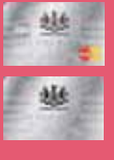

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Fatal Vision killer asks for retrial

DNA evidence. Former Green Beret convicted of killing his wife and daughters claims new evidence could prove his innocence

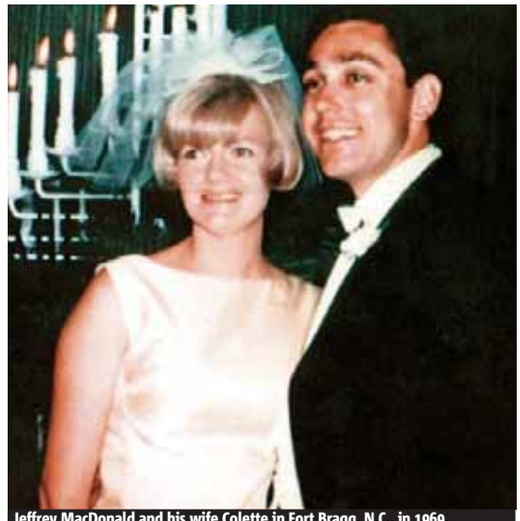
Jeffrey MacDonald is getting another chance to try to prove his innocence more than three decades after the former Green Beret was convicted of killing his pregnant wife and his daughters in the case that was the basis for the book Fatal Vision.

MacDonald is asking a judge to grant him a new trial. The hearing began Monday in a federal courtroom in Wilmington, N.C., with MacDonald's attorney saying if jurors in 1979 could have considered two new types of evidence in the case, they would have found him not guilty.

Prosecutors chose not give an opening statement.

MacDonald is serving three life sentences for the 1970 murders of his pregnant wife, Colette, and their daughters, Kimberley and Kristen.

Lawyers expect the hearing could last up to two weeks. **THE ASSOCIATED PRESS**



Jeffrey MacDonald and his wife Colette in Fort Bragg, N.C., in 1969.
THE ASSOCIATED PRESS FILE

Two new pieces of evidence

- Jeffrey MacDonald's lawyer plans to concentrate on two bits of evidence: hairs that don't match MacDonald or his family's DNA and a statement from Jimmy Britt, a deputy U.S. marshal when the case was tried.
- When those two things are considered with the rest of the evidence, "you would conclude no reasonable juror would find Jeffrey MacDonald guilty," defence attorney Gordon Widenhouse said.

Man gets death threats over dog

A man who left his dog to die on a Colorado mountain said he received death threats, even though he has paid vet bills and agreed to turn over the dog to one of the rescuers.

Anthony Ortolani said Sunday he is giving the German shepherd mix to one of the people who climbed Mount Bierstadt to rescue Missy after the animal spent eight days on her own last month.

Another hiker spotted the injured dog, and volunteers co-ordinated a rescue effort through a climbing website.

Ortolani is charged with animal cruelty for leaving the dog behind on a mountain climbing trip. His lawyer, Jennifer Edwards, said her client hopes to make a plea deal.

Ortolani told KMGH-TV he was forced to leave the dog on the mountain after the animal got injured. He said he and a friend tried to carry the 112-pound animal for more than two hours over rocky terrain, but he worried for his safety and had to abandon her.

Ortolani was climbing with the 19-year-old son of a friend when bad weather moved in. He said the canine's feet were blistered and she was unable to walk. He said he and his climbing companion were also struggling and decided it was time to come down for their own safety. **THE ASSOCIATED PRESS**

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Royals ask French court for injunction on nude Kate photos

Duchess of Cambridge. French and Italian gossip magazines that have published revealing spreads both owned by Berlusconi publisher

Kate Middleton
THE ASSOCIATED PRESS

A French court was asked on Monday to halt further publication of topless photos of Prince William's wife Kate.

After hearing arguments by lawyers for the British royal couple and for the popular French gossip magazine Closer, the court said it would rule at noon today. The royal request was made after Closer printed 14 pictures of the partially clad Kate, the Duchess of Cambridge, in its pages last week.

On Monday, the Italian gossip magazine Chi — like Closer owned by Mondadori, the Italian publishing house owned by former Italian Prime Minister Silvio Berlusconi — published a 26-page spread of photos of Kate without her swimsuit top. An Irish tabloid published more Kate topless photos over the weekend, drawing a vow from Ireland's justice minister to revise privacy laws there.

The photos in question show the Duchess of Cambridge relaxing during a holiday at a private villa in Provence, sometimes without her bathing suit top and, in one case, with her suit bottom partially pulled down to apply sun screen.

William's St. James's Palace called the publications of the photos a "grotesque" invasion of the couple's privacy. Lawyers for the royal couple argue that the photos amount to an invasion of privacy.

The royal couple's lawyer, Aurelien Hamelle, told the French court Monday that he is seeking 5,000 euros ($6,400 US) in damages from Closer and an injunction forcing the magazine to stop publishing the issue with the photos. He also asked the court to fine Closer 10,000 euros ($12,800) a day for each day the injunction is not respected, and 100,000 euros ($128,000) if the photos are sold. THE ASSOCIATED PRESS

Orangutan joins cancer fight

A Jungle Island volunteer comforts Peanut, one of the orangutans from a private zoo, as she is treated with R-CHOP therapy, a combination of drugs used in chemotherapy to treat her aggressive non-Hodgkin lymphoma in Miami. Human medical specialists are treading new ground in applying a standard chemotherapy regimen to treat cancer in the orangutans. The apes share about 96 per cent of a human's genetic makeup, and Peanut's treatment plan is closer to that of what a human would receive for the same type of cancer. PAT CARTER/THE ASSOCIATED PRESS

Ohio death row

Overweight inmate requests execution delay

A condemned Ohio inmate who weighs at least 218 kilograms wants his upcoming execution delayed, saying his weight could lead to a "torturous and lingering death." Ronald Post shot and killed a hotel clerk almost 30 years ago.
THE ASSOCIATED PRESS

Disrespectful outburst

EU Parliament member fined

How much does it cost to tell one of the EU's top officials he has "the charisma of a damp rag?" Apparently about 3,000 euros, or close to $4,000.

In 2010, Nigel Farage, an anti-European Union member of the EU Parliament, rose following a speech by Herman Van Rompuy, the president of the European Council. Farage, a Briton, added that the former Belgian prime minister came from "pretty much a non-country." The Parliament docked Farage 2,980 euros. **THE ASSOCIATED PRESS**

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Dow Jones: 13,553.10 (-40.27)

Ringing in a record: 2 million iPhone 5s ordered on first day

In stores Sept. 21.
As demand exceeds initial supply, some devices are scheduled for delivery in October

The new Apple iPhone 5 is displayed on Sept. 12 in San Francisco.
ERIC RISBERG/THE ASSOCIATED PRESS

Orders for the iPhone 5 topped two million in the first 24 hours after Apple started taking them at midnight Pacific time on Friday. That's more than double the number of iPhone 4S orders on its first full day.

The company also says that, while most preorders will be delivered on Friday, demand for the iPhone 5 exceeds the initial supply, so some of the devices are scheduled for delivery in October.

The iPhone 5 has a bigger screen — four inches measured diagonally — that allows room for another row of icons and widescreen movies to fit better. The calendar will now show five days at a time instead of just three. Previous iPhone models carried 3.5-inch screens. The phone is also thinner and weighs less than previous models.

The phone will be available at Apple stores in Canada on Friday, Sept. 21.

Earlier Monday AT&T Inc. said it set a sales record for the iPhone 5, with customers ordering more of them than any previous iPhone model on the first day of orders and over the weekend.

Apple's stock added $7 US to $698.28 in morning trading after rising as high as $699.54 earlier in the session.

THE ASSOCIATED PRESS

August figures

New mortgage rules lead to drop in home sales

Home sales declined 5.8 per cent across Canada from July to August, the largest month-over-month decline since June 2010, according to the Canadian Real Estate Association.

Actual sales activity was down almost nine per cent in August over a year earlier, "providing the first clear indication that the recent changes to mortgage regulations aimed at cooling the market are working as intended," said CREA chief economist Gregory Klump Monday.

"The broadly based decline in August sales activity suggests that some buyers may no longer qualify for a mortgage now that amortization periods of high ratio (less than 20 per cent down payment) mortgages have been shortened," he added.

House prices remained relatively stable across the country, posting increases of just 0.3 per cent on a year-over-year basis.

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NO SHAME IN BARING IT ALL

SHE SAYS...
Jessica Napier
metronews.ca

I am not what you'd call an exhibitionist.

I didn't grow up in an underpants-only kind of household. When changing for gym class, I would awkwardly wrestle into my sports bra while still wearing a sweater on top (believe me, this is actually not impossible). To this day, the first thing I will do in an unfurnished apartment is hang curtains.

While I might have a bit of a prudish attitude when it comes to my own public nudity, it takes just the briefest moment of browsing online to realize that there are plenty of women out there who have no problem exposing a little skin.

On any given workday, I've accidentally seen about three or four NSFW photos before I finish my first cup of coffee.

Whether or not these online exhibitionists are doing it for the right reasons (empowering self-expression) or the wrong reasons (ploy for attention from creepy Internet lurkers) is up for debate, but there is certainly no shortage of skin on social media and beyond.

However, not all bare breasts are treated equally.

Last week, the Internet got its collective knickers in a twist after a French tabloid published a revealing five-page spread featuring Kate Middleton sunbathing sans bikini top while on vacation at a private chateau.

Not their fault

To argue that Middleton made a bad choice to go topless or that she 'should have known better' is akin to saying that she got what she deserved. The idea that a woman should be publicly shamed for things she chooses to do in private that are then illegally captured by trespassing photographers is insane (hi, Kristen Stewart).

The magazine's editor-in-chief defended the images, claiming they weren't lewd, but a beautiful intimate series of a young couple in love. Of course, this "tasteful montage" argument might be easier to swallow if the photos weren't captured by slimy paparazzi stalking the royals during what should have been a very private moment.

While many people expressed outrage at this extreme violation of privacy, I was horrified to see just how many people took to Twitter and online comment sections to unleash a barrage of hostility towards the duchess for having the audacity to act like a normal 30-year-old woman on vacation with her husband.

Nipples? Gasp!

To argue that Middleton made a bad choice to go topless or that she "should have known better" is akin to saying that she got what she deserved. The idea that a woman should be publicly shamed for things she chooses to do in private that are then illegally captured by trespassing photographers is insane (hi, Kristen Stewart).

The violation of Middleton's privacy and the furious responses that followed contribute to the archaic yet persistent notion that, as women, our bodies, more than anything else, are for display, to be looked at by men, by other women and, evidently, by telescopic lenses emerging from the shrubbery.

Kate Middleton GETTY IMAGES

Follow Jessica Napier on Twitter @MetroSheSays

These two decades have 22 minutes

JEFF HARPER/METRO

East Coast humour

This Hour Has 22 Minutes marks 20th anniversary

Shaun Majumder and Cathy Jones film a pre-recorded section of This Hour Has 22 Minutes against a green screen at CBC's Bell Road studio in Halifax. The show is celebrating its 20th anniversary, which premieres Tuesday.

For Majumder, striving to "take the piss out of our own culture" will always be an important role for Canadian comedians.

It's what the Gemini Award-winning actor sets out to do each week on the long-running CBC series that jeers Canadian politics and current events.

"We've got a perfect format to continue forever and ever, no matter how many people come in through the cast," said Majumder, who started on the show several years ago as a writer.

Some of the country's most highly acclaimed comedians have called the show home, including Rick Mercer, Colin Mochrie, Greg Thomey and Mary Walsh. METRO

Knee-slapping comedy

Rick Mercer makes for memorable TV

Who can forget the show's long-running Talking to Americans segment, where Rick Mercer set out to expose how little some Americans know about their Canadian neighbours.

Some truly memorable bits included getting Americans to congratulate Canada on legalizing VCRs or staplers.

Since its inaugural season in 1992, each show has been written and produced within one week at the CBC building on Bell Road in Halifax.

Rick Mercer THE CANADIAN PRESS

Producer Peter McBain said 22 Minutes' East Coast home is important to its perspective on Canadian news. METRO

Metropolitan Panel

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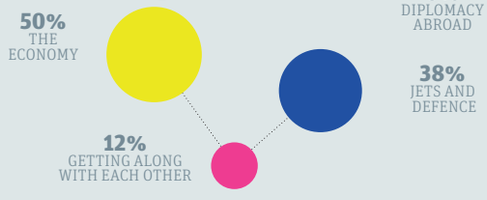
What are you most hoping Parliament will focus on during the fall session?



Twitter

@CentretownCHC: Our medical clinic is now accepting clients from Centretown, Old Ottawa South and the Glebe. http://bit.ly/S3qTQi #ottcity

@174Sinkhole: #Ottcity ....With my final breaths I'd like to thank you all for hosting me so graciously in your fair highway.

@jessejj: So where are these double decker buses ? I want to ride one! :D#ottcity

@MetroBrasserie_: Goodbye @174sinkhole! Cheers to a lot less traffic #Ottawa!

@NatteringNic: 174 sinkhole has been fixed. We can go back to ignoring anything east of the Nicholas offramp. http://some.ly/U4SORG #ottpoli #174sinkhole

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SCENE 2

DVD reviews

The Cabin in the Woods

Director. Drew Goddard

Stars. Kristen Connolly, Chris Hemsworth, Anna Hutchison

To say The Cabin in the Woods isn't your average horror movie is like observing that King Kong isn't your average ape. Even when major plot twists are revealed — as the trailers do — there are so many others left, you have no reason to scream "spoiler!" That said, you don't want to know too much in advance about this feature directing debut of Cloverfield writer Drew Goddard. He shares screenwriting credits with fellow genre subverter Joss Whedon. Better you should be as naïve as are most of our five cabin-bound college kids, one of them played by a pre-Thor Chris Hemsworth. The film's internal logic may not stand up to close scrutiny, but the intent behind it is rock solid: a horror show that would have impressed even the ancient Greeks, both their warriors and their philosophers.

PETER HOWELL

On the web

Qriket

Keira Knightley to Vogue: I had no life besides acting.

Ode to TV: The shows that inspired the stars

Emmy Awards. Nominees share their memories of television classics, from Bonanza to MASH and wanting to become a Huxtable

Nicole Kidman. THE ASSOCIATED PRESS

Long before Kevin Costner, Bryan Cranston, Christina Hendricks and Nicole Kidman were Emmy nominees, they were kids who loved watching TV.

"I liked Man from Uncle and High Chaparral," Costner said.

"I really, really liked that when I was a kid."

"I remember the transition from black-and-white to colour," continued Costner, who is nominated as both star and producer of the TV movie Hatfields & McCoys.

"It's like one by one the televisions in my neighbourhood became colour TVs and we would all go look at each other's colour TVs and ooh and aah at Bonanza. I'm kind of glad I saw it all, in a way. I remember the TV would shut off at 11 and just play the national anthem all night long."

Cranston, who is nominated for his role on Breaking Bad — which won him the Emmy Award three years in a row, grew up on The Andy Griffith Show.

"I love the character of Barney: Classic comic character of the absolute confident man with no ability whatsoever. Always funny. The calm and comforting tones of Andy Griffith, who we lost recently," the actor said.

"I think there was just something very sweet and comforting about watching that show, and the simplicity of the lifestyle and a days-gone-by kind of thing."

Hendricks, nominated for the third consecutive time for her supporting role in Mad Men, said her all-time favourites were MASH and Northern Exposure.

"Both of them had a sense of real community and camaraderie among the cast, a sense of friendship in this world that I remember responding to," she said.

Mayim Bialik of The Big Bang Theory was also a Northern Exposure fan.

"They had every kind of possible character," said the actress, who remembered watching the show while starring on Blossom.

"I would have loved to be anything on Northern Exposure, but mostly Rob Morrow's love interest. That would have been my choice."

Kidman, a first-time Emmy nominee for her lead role in the TV movie Hemingway & Gellhorn, said she was raised on The Brady Bunch and Bewitched.

"Growing up in Australia, the mini series was such a big, big thing. It was something that launched my career because I did mini series in Australia," she said.

"I did a thing called Bangkok Hilton and one called Vietnam, which was on the Vietnam War in the '60s and was a hugely rated show.

"That was my big break, really, as an actor."

Sarah Paulson, nominated for her supporting work in the TV movie Game Change, loved Who's the Boss?

"Angela and Tony were who I wanted to be when I grew up. I wanted to have that relationship," she said.

The Emmy Awards

The Primetime Emmy Awards will be presented on Sept. 23 at the Nokia Theatre and broadcast live on ABC.

"I watched a lot of television growing up and they were like my surrogate parents. Angela and Tony. I loved 'em."

Jesse Tyler Ferguson, Maya Rudolph and Zooey Deschanel were all fans of The Cosby Show. Ferguson and Rudolph even dreamed of joining the family.

"It felt very familiar," the Modern Family actor said, "and I wanted desperately to be a part of that family."

Rudolph, nominated for hosting Saturday Night Live, said if she were to join the show, "I would have to be a fictional cousin, because I don't think they needed any more children.

"I don't think the Huxtables needed any more children.

"But, listen, if Denise needed a best friend to go shopping with, that's who I would be."

Julia Louis-Dreyfus, a 14-time Emmy nominee and two-time winner, wants to bring back her favourite show from childhood: Flipper.

"Talking dolphin. How can you beat it?" she said.

"Well, sort of talking. It communicated. A dolphin who beats the bad guy every week.

"I think we should redo that.

"I think I'm going to pitch that. That's my new HBO show: Flipper: Part II."

THE ASSOCIATED PRESS

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Bob Crawford carves out his feelings with latest album: The Carpenter

Seeking solace. As Avett Brothers bassist watched his daughter fight brain cancer, he brought his strong emotions to music

After a difficult year, the Avett Brothers are back to focusing on music with a new album and fall tour. MARK HUMPHREY/THE ASSOCIATED PRESS

When things were at their worst, music was a refuge for Avett Brothers bassist Bob Crawford.

Crawford has spent much of the last year caring for his daughter, Hallie, who is fighting brain cancer at the ever-so-tender age of 2. He was off the road and away from his band, travelling to and from St. Jude Children's Research Hospital in Memphis, Tenn., from their home in North Carolina.

Between the scans and the doctor's evaluations and the omnipresent worry, Crawford would sometimes slip away for a few minutes and pick up a fiddle.

"Just spending a half hour in a little room messing around on that thing (has) been some of my most relaxing moments over the past year," Crawford said.

"This whole affair has kind of put music back where it needs to be in my life and my heart."

Hallie has improved enough for Crawford to rejoin the North Carolina roots rockers as they release their new album, The Carpenter, and launch a fall tour. His daughter still has a long way to go, but she's doing well enough that he feels comfortable leaving her.

On the day of his interview, he had just wrapped up a wagon ride down the road with his daughter. Precious time.

"It is always a great thing. Always," Crawford said in a phone interview.

"I tell you, you love your kids immediately as soon as they're born and you can't imagine a greater love than what you share for them. Then something happens or someone gets seriously ill, it heightens all the emotions and the joys get more joyful and the fears and sadness are even more stressful."

The Rick Rubin-produced The Carpenter examines that full spectrum of emotions. Already known as a band with its heart on its sleeve — the group's breakthrough albums were titled Emotionalism and I And Love And You, after all — they dig deeper than ever on an album that's at turns sombre, achingly beautiful and fully aware of the perils of life.

Rubin thinks the trio, who rose to a new level of prominence after appearing with Bob Dylan and Mumford & Sons on the 2011 Grammy Awards, has learned to cut to the bone with its songwriting.

"Sometimes it's with sadness but sometimes it's with beauty, but either way it feels like you're getting in to see somebody in an intimate, vulnerable moment," Rubin said.

THE ASSOCIATED PRESS

New album

- **The Carpenter.** Is the Avett Brothers sixth LP. It was released Sept. 11.

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Nicki Minaj

Minaj, Urban join Mariah Carey as Idol judges

The new lineup for the 12th season of American Idol is in place, with singers Nicki Minaj and Keith Urban joining already hired Mariah Carey. And original judge Randy Jackson — the only holdover from last season — will keep his spot on the panel. The news was announced on the reality show's Twitter account.

Urban had quit his gig as a judge on the Australian version of The Voice last week, prompting speculation that he had in fact signed on for "Idol." There's no word yet on what Minaj and Urban will be making, but chances are it won't be as much as Carey, who earns a reported $16 million for one season of the show.

Lohan upset over fellow troubled starlet

Amanda Bynes has taken Lindsay Lohan's mantle as Hollywood's favourite troubled starlet — at least as far as getting into auto accidents is concerned — and Ms. Lohan isn't thrilled about it. Specifically, she's miffed that Bynes has apparently gotten off easier with law enforcement for her various vehicular infractions. "Why did I get put in jail and a Nickelodeon star has had NO punishment(s) so far?" Lohan angrily tweeted over the weekend. But she may have spoken too soon, as Bynes was in hot water again Sunday. "I can confirm that Amanda Bynes was cited at approximately 8:20 a.m. Sunday for driving with a suspended license," a Burbank, Calif., police spokesman tells People magazine. "Her car was impounded and she received a misdemeanor citation."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Even millionaires get the blues

THE WORD
Dorothy Robinson
scene@metronews.ca

Life is so hard for millionaire Miley Cyrus.

The starlet got a bit mopey the other night with a series of introspective (stoned?) posts to Twitter, causing fans to worry about her happiness.

"Ever feel like you want just … something more? Not sure what exactly. Passion perhaps?" she tweeted.

"Sometimes I feel like I love everyone more than they love me. Hate that feeling. Maybe it's not that they love you less. They just love you the most they are capable of loving." But Cyrus was quick to clear up any confusion over the state of her engagement to Liam Hemsworth, posting, "No, there is not trouble in paradise."

Anyone else read this and picture Miley writing this while gazing wistfully out the window while a lone tear streaks down her face, coming to rest on her $1,000 intentionally distressed Marc Jacobs sweater?

Chris Brown

'Warning: Do not buy this album! …'

Chris Brown may have trouble moving copies of his new album, Fortune, thanks to one record store chain's interesting warnings.

At London locations of HMV, copies of Brown's CDs have reportedly been affixed stickers that read, "Warning: Do not buy this album! This man beats women," according to Hollyscoop.

Affleck balancing work, family life

Ben Affleck may like leading a large family — he and Jennifer Garner have three kids, and he's reportedly considering more — but he's still got work to do.

"I don't want to be a stay-at-home dad. Work is very important to me," he tell Details magazine. "I like to work. So does my wife. But I need my work to mean something to me in order for me to not be home with them."

That's why Affleck is getting choosy with what film projects he takes on: "Anytime you think, 'I'm wasting my time here,' the first thought you have is 'I could go home and be with my kids,'" he says. "Now, you may go home and be with your kids and very quickly start thinking, 'I wonder what's on the work front?' Because running around after three kids is very trying."

Twitter

@SandraBernhard
the #x-factor watched it standing up just long enough to catch the tiny beiber look alike get much love from #britneyspears heart wrenching

@ParisHilton
Life only comes around once. So do whatever makes you happy & be with whoever makes you smile.

@JonahHill
Listening to Necro for the first time since high school while pulling an all Nighter on Wolf Of Wall Street. Starting to get loopy.

@SethMacFarlane
You kids don't remember, but once there were sitcoms about something other than gay guys.

Best Health

How to boost metabolism

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Want to keep your body burning fat and calories all day long? In the October issue of Best Health magazine, on newsstands now, regular contributor Dr. Susan Biali offers 10 strategies for boosting metabolism. Here are four of them.

1. Enjoy coffee or green tea.
Your morning cup of joe gives your calorie burn a boost for up to two hours. Green tea is a powerful metabolism stimulator, too; drinking it frequently can help to accelerate weight loss.

2. Get enough sleep.
Less than seven hours of sleep a night messes with metabolism-regulating hormones. If you're sleep-deprived, you process carbs less efficiently, and that increases your risk of obesity.

3. Eat more protein.
A 2012 study found that people who ate more protein had a higher resting metabolic rate. Women often don't get enough, so have some lean protein such as fish, chicken or eggs.

4. Add chili peppers.
Capsaicin in chili peppers stimulates your nervous system and improves your metabolism after meals. Adding chili to foods also curbs your appetite, so you'll eat less. These benefits are maximized if chilies are eaten regularly, so find ways to spice up your life.

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Bust that BBQ bulge with these workouts

Summer is over. It's time to work off those extra steaks that you and friends chowed down on during the sunny months

MEREDITH ENGEL
Metro World News

Summer is over so it's time to get rid of that BBQ bulge. ISTOCK PHOTOS

As summer winds down, you're likely done trying to get your bikini body or Phelps-like abs. But that doesn't mean you should go hide in sweats for the next nine months. We enlisted Adam Rosante, celeb fitness trainer and founder of The People's Bootcamp, which offers pay-what-you-can classes in New York, to give us some moves to get you fit for fall.

Why these specific exercises? "(These) exercises target almost every single muscle in the body," Rosante says.

Perform each exercise for 40 seconds with 10 seconds of rest between each move. After you've completed all of them, that's one cycle. Rest for 60 seconds, then repeat. Perform the cycle three times. Be sure to keep your core tight throughout.

Warm-up

Stay away from the long stretches, Rosante says.

"To just jump right into a long, static stretch is a good way to tear the muscle or fatigue it to a point where you then injure yourself during the workout. You just want to move around and really get the blood flowing. It creates pliability and elasticity in the muscles. Then afterwards, you get into that static, long stretch cool down. That will elongate those muscles and help prevent them from tightening up and becoming short and constricted, so you get a nice long, lean body."

What counts as a good warm-up? Jogging in place for 20 seconds, 20 to 30 seconds of jumping jacks and some torso twists.

"Anything you can do to get your body moving in a functional way," he says.

Power thrusts

Stand with feet hip-width apart. Squat until thighs are almost parallel to the floor, then place your hands on the floor in front of you. Kick your feet back to a push-up position. Immediately return your feet to the squat position and jump straight up as high as you can, reaching the fingertips up and bringing the knees to the chest. Land with soft knees and immediately drop back into a squat. Continue the sequence for 40 seconds.

Push-outs

Start in a push-up position with hands directly below your shoulders. Perform a push-up. At the top of the motion, lift the left hand up and bring it out about a foot to the left on the ground. Perform another push-up with staggered hands. At the top of the motion, explode the left hand back to normal push-up position. Do another push-up. Repeat the move with the right hand. Continue, alternating for 40 seconds.

Scissor switches

Stand with your right foot forward and left foot back. Keeping your torso upright, lower yourself into a lunge until your left knee is bent and your right thigh is parallel to the ground. Jump up and scissor your legs mid-air to land down with soft knees in a lunge with your left foot forward and your right leg back. Continue alternating for 40 seconds.

Power kicks

Stand with your feet hip-width apart. Bring your fists up just below your chin. Now, open up the chest and pull the shoulders down the back. Alternate waist-high front kicks, springing softly from foot to foot so you're never on more than one foot at a time. Continue alternating for 40 seconds.

CTV LIFE

On the web

Qriket

Salt-high blood pressure link may be stronger in overweight kids, U.S. government study suggests

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THIS WEEK: Oral Cancer: It is Very Real!

Final bite of summer flavour

This recipe serves four. RYAN SZULC, FROM REISMAN'S FAMILY FAVOURITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

This is the salad to make when corn is at its ripest.

I always look for small white and yellow kernels on cobs that have been picked that day if possible.

You'll have to go to a local farmers' market. It's well worth the trip.

If you want to make this salad year round, buy canned or frozen corn niblets and sauté about 2 cups in a skillet just until browned.

1. Lightly coat a grill pan with cooking spray and set over medium-high heat, or heat your barbecue to medium-high heat. Grill corncobs about 5 minutes, or until corn begins to brown. Using a sharp knife, slice the niblets off of the cobs and place in a bowl.

2. Add red onion, roasted red pepper and basil to corn and stir to combine.

3. To prepare dressing, whisk olive oil, cider vinegar, jalapeño, garlic, salt and pepper. Pour dressing over salad and toss to combine. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional analysis

Per serving

159 calories; 4 g protein; 17 g carbohydrates; 2.9 g fibre; 9 g fat; 1 g saturated fat; 0 mg cholesterol; 168 mg sodium

Ingredients

Salad
- 3 fresh cobs of corn
- 1/2 cup diced red onion
- 1/2 cup diced roasted red pepper
- 1/2 cup chopped fresh basil

Dressing
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 1/2 tsp finely chopped jalapeño pepper
- 1 tsp finely chopped garlic
- pinch of salt and pepper

Health Solutions

Better ways to sweeten up

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Our bodies are not meant to process the intense sweetness of processed sugar. They are made to pull out the natural sugars that come along with other nutrients like the minerals in fruit and the fibre in whole grains.

If we remove the minerals and fibre, the pancreas goes into overdrive and chugs out more insulin than the body knows what to do with. What you really want to do is reduce the amount of sugar in your diet overall.

Then you want to change the type of sweetening to be sure that if you are eating it, it at least offers some other benefit.

Here are the better ways to sweeten up.

- Unpasteurized honey has antimicrobial and antibacterial qualities that have been shown to soothe coughs and sore throats.
- Pure maple syrup (not artificially flavoured brands) contains trace minerals.
- Stevia is a no-calorie sweetener derived from an herb.

The trick is to train your taste buds to need less and less over time. Along the way, try choose something that offers even a little bit more than sweetness.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Refreshing. Grated Carrot Salad with Dates, Pistachios

Refreshing and simple, this Grated Carrot Salad with Dates and Pistachios is a great and healthy end-of-summer dish.

Shredded carrots are wonderful in a salad. All they need is some Middle Eastern flavouring — paprika and cumin — and a spritz of lemon to balance their natural sweetness. Enhance this basic line-up with a little honey and chopped dates.

1. In skillet over medium-low, heat oil. Add cumin seeds and cook, swirling pan occasionally, until they turn a shade darker and become fragrant, about 4 minutes. Remove the pan from the heat and stir in the paprika and the honey. Let the mixture cool to room temperature.

2. Meanwhile, coarsely grate the carrots, preferably using the coarse grating disk on a food processor. In a large bowl, toss the carrots with the cooled oil-cumin mixture, the dates, lemon juice, pistachios and salt, using your hands to incorporate the dates. Stir in the mint just before serving. THE ASSOCIATED PRESS/ SARA MOULTON OF TV'S SARA'S WEEKNIGHT MEALS AND AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 3 tbsp extra-virgin olive oil
- 1 tsp whole cumin seeds
- 1 tsp paprika, sweet, hot or smoked, or a combination
- 1 tsp honey
- 1 lb carrots
- 1/4 cup chopped pitted dates (about 4 whole)
- 2 tbsp fresh lemon juice
- 1/3 cup shelled natural pistachios, walnuts or almonds, chopped
- 1/2 tsp kosher salt
- 1 tbsp shredded fresh mint

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Single? It may be unhealthy for you

Study. Researchers in Sweden find that single men are least likely to believe they could influence their own health

CELIA MILNE
For Metro

Ever noticed single men don't seem to care about their health? It's not your imagination.

A large study in Sweden has found that men who don't live with a mate are less likely to believe they can influence their own health. As a group, they are less motivated than others.

Researchers studied 28,198 men and women between the ages of 18 and 80 to find out whether they possessed a social factor called "internal health locus of control" which essentially means a belief that your behaviour influences your health. They found 33.7 per cent of the men and 31.8 per cent of the women lacked internal health locus of control.

Single men living alone were the least likely to believe they could influence their own health through things like eating a healthy diet, exercising regularly, not smoking and keeping alcohol consumption under control. Men and women who were widows also scored fairly low on the tests.

Yet these healthy behaviours are known to help prevent cardiovascular disease, diabetes and some forms of cancer.

"Marital status affects health locus of control," says Martin Lindström, a professor of social medicine at Lund University in Malmö, Sweden.

He believes this finding is important for policy makers as they design messages to promote healthy behaviour.

While the study was conducted in a Swedish population, it may be applicable to Canada.

"Health promotion should particularly consider some marital status groups," he added.

OK there Columbo, you know smoking is bad for you, right? ISTOCK

Get ahead this holiday season by planning ahead

Alison's Money Rule.
Plan now to break habit of overspending during Christmas

YOUR MONEY
Alison Griffiths
money@metronews.ca

Good news! The Canadian Payroll Association's annual survey found that fewer of us would be in financial difficulty this year if a pay cheque was delayed — 57 per cent compared to 47 per cent in 2011.

Now for the bad news! The fact that nearly half of all Canadians would still face severe problems, coupled with record family debt loads spells trouble.

It means that any financial emergencies (and life does throw them at us) would have to be paid through greater debt.

The vicious cycle of debt can be broken. But in order to get ahead you have to plan ahead.

Take the holiday season, for example. Canadians spend about $600 to $800 on gifts and that much again on food, decorating and entertaining. Surveys show that Canadians want to spend less but lack of planning and last minute shopping keep tipping us over budget.

There are 14 weeks until Christmas. You'll cut your holiday spending drastically if you create a plan.

In numbers

30%

Thirty per cent of Canadians do most of their holiday shopping in the 10 days before Christmas.

1. Go light on the list
Do your holiday list right now and slash it by half, at least. Cards, letters and phone calls are a wonderful substitute.

2. Re-gift
Ten per cent of Canadians give presents they know that the recipient won't like. Go through your house and see what you can find. Also, create a re-gift box and add to it throughout the rest of the year.

3. Use points
Cash in loyalty points for movie coupons or gift certificates.

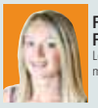
4. No gift zones
Extended family members might be happy not to get a present if they don't have to give one. Also have your kids make cards for teachers, coaches, tutors, etc. They'll appreciate the effort more than a drugstore soap set.

5. Go with gift baskets
Plan them now and add items during sales. It is actually very enjoyable if you aren't stressed and doing it last minute. Three years ago a beloved dog died and a friend dropped off a basket with winter greenery, homemade jam and a couple of biscuits to cheer up our other dog. Perfect.

The vicious cycle of debt can be broken if you take the time to plan ahead.
ISTOCK IMAGES

Private information

Hacked! Learn some anti-fraud practices



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

While on a fabulous European vacation last week, my social media accounts were hacked. The fraudster used a free 'secure' Wi-Fi zone at my hotel to pry into my private information.

Unfortunately, hundreds of fake emails and direct messages were sent out under my name and my business VISA account was compromised before I became aware of the issue.

I always take careful precautions to protect my private information, but I've learned from this experience that I need to step up my anti-fraud efforts.

Hands down, the best way to protect against fraud is to prevent it from happening in the first place using common sense and adopting some anti-fraud best practices.

Use secured wireless networks when you access the Internet. I could have potentially prevented my fraud experience by avoiding signing into my accounts while on an unfamiliar server.

I also made the mistake of not logging off my accounts immediately when I was finished.

When I reported my fraud, the very first thing I had to do was reset my passwords and make them more complex.

As a best practice, change your passwords regularly (every few months). Ensure the password is difficult for fraudsters to guess and contains a combination of numbers and letter.

When surfing the Internet or social networking sites, limit the amount of information you disclose.

Whether through email or on the phone, never give out your address, phone number or banking information to an unfamiliar source.

Filter out bogus emails and phone calls. If you receive unsolicited email requests for information or even to click on an unfamiliar link, verify the message and sender using a third party unrelated to the message.

If you don't recognize a phone number, don't pick it up. Legitimate people will leave a message.

When shopping online, ensure payment websites are secure. If you're not sure it is, call the company that makes the product directly and talk to customer service manager.

Ensure your computer's operating system is fully updated and that you have a robust security system that blocks pop-ups and includes a personal firewall, anti-spam, anti-virus and anti-spyware.

Last, check your credit score at least once a year to see that there are no errors or items you don't recognize.

If you discover a problem, contact the credit bureau immediately and bring in law enforcement if you believe you've been defrauded.

Follow Lesley on Twitter @LesleyScorgie

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*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Future uncertain for locked-out free agents

NHL. Work stoppage puts careers on hold and deters deals for unrestricted players

Two and a half months after becoming an unrestricted free agent, Kenndal McArdle is still waiting for the phone to ring.

And with the NHL in a lockout, it's unlikely he'll be getting contract offers any time soon.

The long wait "is something that can be frustrating, because the unrestricted free agent market is a lot smaller this summer because of the lockout," said McArdle, a 25-year-old Toronto native who grew up in Burnaby, B.C.

"There's more worrying and more uncertainty in your life. For a lot of us, hockey is our livelihood, and the uncertainty increases the amount of stress in your life. So it's been a long summer, to say the least."

McArdle is among a large group of unsigned players, young and old alike, who are waiting for the next collective bargaining agreement to determine where they will play.

Theoretically, McArdle and his contemporaries have time on their side and should be able to rebound from the lockout's impact on their careers — but the older players do not.

McArdle spent 2011-12 with the Winnipeg Jets organization, suiting up for nine NHL games. Once considered a can't-miss kid, the winger is concerned the lockout will enable a new group of prospects to make their marks in the minors, and threaten his job security.

"It gives the young guys, or the guys that are coming up, another year to mature, another year to get ready, especially with the guys who will continue to play in the American Hockey League," said McArdle. "It can help them to propel themselves up to the next level."

McArdle's agent Kevin Epp predicts there will be a "big rush" of signings once a new collective agreement is reached.

Clubs that are close to the old cap have delayed signings until the new financial framework is set. Consequently, many players and agents are in wait-and-see mode.

"It's funny when you talk to (players), because they only know what we tell them — and we don't know a lot if nobody (at the CBA negotiating table) is doing anything," Epp said. "It's just (respecting) what history has shown us, and (understanding) how we have to be patient."

THE CANADIAN PRESS

Former Canadiens players Mathieu Darche, left, and Steve Begin arrive for an informal training session at the Habs' practice facility on Monday in Brossard, Que. GRAHAM HUGHES/THE CANADIAN PRESS

Quoted

"The current (unrestricted free agents) are in limbo because the first wave was signed and now everybody's waiting to see what the cap number will be."

Agent J.P. Barry

NHL

Habs players lead major exodus to minor league

The Montreal Canadiens have assigned 21 players, including forwards Blake Geoffrion and Louis Leblanc, to the American Hockey League's Hamilton Bulldogs.

The move comes after the NHL locked out its players on Saturday.

The Canadiens also assigned forwards Alexander Avtsin, Alain Berger, Michael Blunden, Michael Bournival, Gabriel Dumont, Brendan Gallagher, Patrick Holland, Philippe Lefebvre, Joonas Nattinen, Steven Quailer and Ian Schultz.

Defencemen Nathan Beaulieu, Morgan Ellis, Brendon Nash, Greg Pateryn, Joe Stejskal and Jarred Tinordi and goaltenders Peter Delmas and Robert Mayer will also suit up for Hamilton.

All the players assigned are on two-way, entry-level contracts.

THE CANADIAN PRESS

MLB. Jays looking into reported homophobic slur on Escobar's eye-black

The Toronto Blue Jays say they're looking into reports that shortstop Yunel Escobar played Saturday's game against Boston with a homophobic slur written in Spanish under his eyes.

Several pictures posted online show Escobar with the message written in his eye-black, a type of sticker players wear under their eyes.

The words under the 29-year-old Cuban's eyes were "TU ERE MARICON" which can be translated as "You are a faggot."

The photos stirred up controversy on Twitter and several sports blogs Monday afternoon. Escobar was trending on Twitter by early evening.

When contacted by The Canadian Press, a Jays spokesman said the team was looking into the matter.

THE CANADIAN PRESS

Jays shortstop Yunel Escobar at Rogers Centre on Saturday. GETTY IMAGES FILE

NHL

Wild get creative to keep ticket holders on board

The Minnesota Wild are offering season ticket holders 10 per cent interest in return if they keep their accounts paid in full during the NHL lockout and don't request a refund.

The Wild announced Monday they'll credit those season ticket holders for any cancelled games, plus 10 per cent interest on the dollar value of tickets for the lost games. That can be applied toward future games or subsequent season renewals. Credit will be issued when a new collective bargaining agreement is reached between the owners and players. THE ASSOCIATED PRESS

MLB. White Sox make Tigers pay for errant throw

Omar Infante's throwing error on a potential double play helped Chicago score two runs Monday and the White Sox beat the Detroit Tigers 5-4 in a pivotal makeup game.

Chicago increased its lead in the AL Central to three games with its fourth straight win.

It was the final meeting of the season between the two front runners in the division.

Trailing 4-3, the White Sox loaded the bases in the fifth, driving out Detroit starter Doug Fister (9-9).

When Dayan Viciedo hit a one-out grounder to short, the Tigers tried to turn the inning-ending double play, but Alex Rios slid hard into second baseman Infante and forced an errant throw that got by Prince Fielder as two runs scored, giving Chicago the lead.

THE ASSOCIATED PRESS

The White Sox celebrate Monday's win. JONATHAN DANIEL/GETTY IMAGES

4 SPORTS

Mobile sports

Qriket

Questionable calls by replacement officials in Week 2 are not sitting well with players and coaches around the NFL. Some are fuming and others wonder if the league is concerned about the integrity of the game.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	83	63	.568	—
Baltimore	82	64	.562	1
Tampa Bay	78	68	.534	5
Toronto	66	79	.455	16½
Boston	66	81	.449	17½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	80	66	.548	—
Detroit	77	69	.527	3
Kansas City	66	80	.452	14
Cleveland	61	86	.415	19½
Minnesota	60	87	.408	20½

WEST DIVISION

	W	L	Pct	GB
Texas	87	59	.596	—
Oakland	84	62	.575	3
Los Angeles	80	67	.544	7½
Seattle	70	77	.476	17½

Monday's results
Chicago White Sox 5 Detroit 4
Boston at Tampa Bay
Baltimore at Seattle
Sunday's results
Toronto 5 Boston 0
Baltimore 9 Oakland 5
Chicago White Sox 9 Minnesota 2
Cleveland 7 Detroit 6
L.A. Angels 4 Kansas City 3
N.Y. Yankees 6 Tampa Bay 4
Texas 2 Seattle 1
Tuesday's Games — All Times Eastern
Minnesota (Walters 2-4) at Cleveland (D.Huff 1-0), 7:05 p.m.
Oakland (Griffin 6-0) at Detroit (Scherzer 16-6), 7:05 p.m.
Toronto (R.Romero 8-14) at N.Y. Yankees (Pettitte 3-3), 7:05 p.m.
Boston (Doubront 10-9) at Tampa Bay (Hellickson 8-10), 7:10 p.m.
Chicago White Sox (Floyd 9-10) at Kansas City (Hochevar 8-13), 8:10 p.m.
Texas (Dempster 6-1) at L.A. Angels (Weaver 17-4), 10:05 p.m.
Baltimore (W.Chen 12-9) at Seattle (Er.Ramirez 1-2), 10:10 p.m.
Wednesday's Games
Minnesota at Cleveland, 7:05 p.m.
Oakland at Detroit, 7:05 p.m.
Toronto at N.Y. Yankees, 7:05 p.m.
Boston at Tampa Bay, 7:10 p.m.
Chicago White Sox at Kansas City, 8:10 p.m.
Texas at L.A. Angels, 10:05 p.m.
Baltimore at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	89	57	.610	—
Atlanta	84	63	.571	5½
Philadelphia	73	74	.497	16½
New York	66	80	.452	23
Miami	65	82	.442	24½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	88	59	.599	—
St. Louis	77	70	.524	11
Milwaukee	74	72	.507	13½
Pittsburgh	73	72	.503	14
Chicago	58	88	.397	29½
Houston	48	99	.327	40

WEST DIVISION

	W	L	Pct	GB
San Francisco	83	63	.568	—
Los Angeles	76	71	.517	7½
Arizona	72	74	.493	11
San Diego	71	76	.483	12½
Colorado	58	87	.400	24½

Monday's results
Atlanta at Miami
Philadelphia at N.Y. Mets
Pittsburgh at Chicago Cubs
Colorado at San Francisco
Sunday's results
Arizona 10 San Francisco 2
Atlanta 5 Washington 1
Chicago Cubs 13 Pittsburgh 9
Cincinnati 5 Miami 4 (11 innings)
Houston 7 Philadelphia 6
Milwaukee 3 N.Y. Mets 0
San Diego 12 Colorado 11
St. Louis 5 L.A. Dodgers 2 (12 innings)
Tuesday's Games — All Times Eastern
L.A. Dodgers (Harang 9-9) at Washington (Zimmermann 10-8), 7:05 p.m.
Milwaukee (Gallardo 15-8) at Pittsburgh (A.J.Burnett 15-7), 7:05 p.m.
Atlanta (Maholm 12-10) at Miami (Eovaldi 4-12), 7:10 p.m.
Philadelphia (Cloyd 1-1) at N.Y. Mets (Harvey 3-5), 7:10 p.m.
Cincinnati (H.Bailey 11-9) at Chicago Cubs (Germano 2-7), 8:05 p.m.
Houston (Abad 0-4) at St. Louis (Lohse 14-3), 8:15 p.m.
San Diego (Stults 6-2) at Arizona (I.Kennedy 13-11), 9:40 p.m.
Colorado (Francis 5-5) at San Francisco (Lincecum 9-14), 10:15 p.m.
Wednesday's Games
L.A. Dodgers at Washington, 7:05 p.m.
Milwaukee at Pittsburgh, 7:05 p.m.
Atlanta at Miami, 7:10 p.m.
Philadelphia at N.Y. Mets, 7:10 p.m.
Cincinnati at Chicago Cubs, 8:05 p.m.
Houston at St. Louis, 8:15 p.m.
San Diego at Arizona, 9:40 p.m.
Colorado at San Francisco, 10:15 p.m.

AMERICAN LEAGUE LEADERS

BATTING—MiCabrera, Detroit, .330; Trout, Los Angeles, .329; Jeter, New York, .323; Mauer, Minnesota, .321; Beltre, Texas, .318; DavMurphy, Texas, .314; Butler, Kansas City, .310.
RUNS—Trout, Los Angeles, 116; Hamilton, Texas, 98; MiCabrera, Detroit, 97; Kinsler, Texas, 96; Jeter, New York, 93; AJackson, Detroit, 92; Beltre, Texas, 90; Cano, New York, 90; Granderson, New York, 90; AdJones, Baltimore, 90.
RBI—MiCabrera, Detroit, 123; Hamilton, Texas, 123; Willingham, Minnesota, 105; **Encarnacion, Toronto, 102**; Fielder, Detroit, 98; Pujols, Los Angeles, 96; Butler, Kansas City, 95.Iand, 37; NCruz, Texas, 37; AdGonzalez, Boston, 37.
HOME RUNS—Hamilton, Texas, 42; **Encarnacion, Toronto, 40**; ADunn, Chicago, 39; Granderson, New York, 39; MiCabrera, Detroit, 38; Willingham, Minnesota, 34; Beltre, Texas, 33.
STOLEN BASES—Trout, Los Angeles, 45; **RDavis, Toronto, 44**; Revere, Minnesota, 36; Crisp, Oakland, 34; BUpton, Tampa Bay, 30; AEscobar, Kansas City, 29; DeJennings, Tampa Bay, 27; Kipnis, Cleveland, 27.
PITCHING—Price, Tampa Bay, 18-5; Weaver, Los Angeles, 17-4; Sale, Chicago, 17-6; MHarrison, Texas, 17-9; Scherzer, Detroit, 16-6; Darvish, Texas, 15-9; PHughes, New York, 15-12.
STRIKEOUTS—Scherzer, Detroit, 220; Verlander, Detroit, 218; Darvish, Texas, 205; FHernandez, Seattle, 199; Shields, Tampa Bay, 193; Price, Tampa Bay, 181; Peavy, Chicago, 177.
SAVES—Rodney, Tampa Bay, 43; JiJohnson, Baltimore, 43; RSoriano, New York, 40; CPerez, Cleveland, 36; Nathan, Texas, 33; Valverde, Detroit, 31; Wilhelmsen, Seattle, 27; Reed, Chicago, 27.

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	11	7	4	0	301	327	14
Toronto	11	6	5	0	278	274	12
Hamilton	11	4	7	0	341	347	8
Winnipeg	11	2	9	0	203	365	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	11	8	3	0	298	204	16
Calgary	11	7	4	0	312	257	14
Saskatchewan	11	5	6	0	284	234	10
Edmonton	11	5	6	0	247	256	10

Friday's game — All Times Eastern
Hamilton at Winnipeg, 8 p.m.
Saturday's game
B.C. at Edmonton, 7:30 p.m.
Sunday's games
Toronto at Montreal, 1 p.m.
Calgary at Saskatchewan, 4 p.m.
WEEK 12
Sunday's result
Montreal 28 Saskatchewan 17
Saturday's results
B.C. 28 Toronto 23
Hamilton 51 Edmonton 8
Friday's result
Calgary 44 Winnipeg 3

TRANSACTIONS

CFL

WINNIPEG BLUE BOMBERS — Signed DL Andre Caroll.

MLB

COMMISSIONER'S OFFICE — Suspended Cincinnati minor league LHP Mitchell Clarke 50 games for a second violation of the Minor League Drug Prevention and Treatment Program for a drug of abuse.
American League
TEXAS RANGERS — Agreed to terms with RHP Colby Lewis on a one-year contract through the 2013 season.
National League
ST. LOUIS CARDINALS — Agreed to a two-year player development contract with State College (NYP).

NBA

BROOKLYN NETS—Signed G Stephen Dennis, F James Mays and F Carleton Scott.

NFL

CHICAGO BEARS — Signed TE Gabe Miller to the practice squad.
NEW YORK JETS — Signed WR Royce Pollard to the practice squad. Released WR Stanley Arukwe from the practice squad.
Canadian Football League

NHL

MONTREAL CANADIENS — Assigned F Alexander Avtsin, F Alain Berger, F Michael Blunden, F Michael Bournival, F Gabriel Dumont, F Brendan Gallagher, F Blake Geoffrion, F Patrick Holland, F Louis Leblanc, F Philippe Lefebvre, F Joonas Nattinen, F Steve Quailer, F Ian Schultz, D Nathan Beaulieu, D Morgan Ellis, D Brendon Nash, D Greg Pateryn, D Joe Stejskal, D Jarred Tinordi, G Peter Delmas and G Robert Mayer to Hamilton (AHL).
SAN JOSE SHARKS — Assigned F Curt Gogol, F Freddie Hamilton, F Bracken Kearns, F James Livingston, F Jon Matsumoto, F Travis Oleksuk, F Brodie Reid, F Sebastian Stalberg, D Sena Acolatse, D Taylor Doherty, D Danny Groulx, D Matt Irwin, D Matt Tennyson, G Thomas Heemskerk, G Harri Sateri and G Alex Stalock.

GOLF

PGA FEDEXCUP STANDINGS

Points—Money	YTD
1. Rory McIlroy	7,299—$7,842,192
2. Tiger Woods	4,067—$5,885,158
3. Nick Watney	3,586—$2,800,524
4. Phil Mickelson	3,420—$4,036,621
5. Brandt Snedeker	3,357—$3,549,739
6. Louis Oosthuizen	3,167—$3,320,195
7. Dustin Johnson	3,097—$3,188,060
8. Lee Westwood	2,726—$2,888,569
9. Zach Johnson	2,576—$4,326,804
10. Jason Dufner	2,575—$4,717,304
11. Bubba Watson	2,377—$4,340,997
12. Sergio Garcia	2,043—$2,342,916
13. Steve Stricker	2,028—$3,272,821
14. Keegan Bradley	2,007—$3,769,858
15. Luke Donald	2,005—$3,044,024
16. Matt Kuchar	2,002—$3,697,305
17. Carl Pettersson	1,976—$3,386,656
18. Jim Furyk	1,966—$3,079,805
19. Bo Van Pelt	1,950—$2,837,749
20. Robert Garrigus	1,945—$2,547,683
21. Adam Scott	1,923—$2,742,757
22. Ernie Els	1,922—$3,247,818
23. Hunter Mahan	1,899—$3,771,193
24. Justin Rose	1,791—$3,426,930
25. Webb Simpson	1,782—$3,132,758
26. John Huh	1,640—$2,490,013
27. Rickie Fowler	1,600—$2,925,493
28. Ryan Moore	1,568—$1,580,944
29. John Senden	1,512—$1,782,251
30. Scott Piercy	1,499—$2,375,630
Did not advance to Tour Championship	
31. Kyle Stanley	1,492—$2,351,857
32. Bill Haas	1,471—$2,349,951
33. Vijay Singh	1,406—$1,347,957
34. Kevin Stadler	1,403—$1,516,786
35. Greg Chalmers	1,402—$1,166,627
36. Johnson Wagner	1,386—$2,225,007
37. Seung-Yul Noh	1,379—$1,629,751
38. Bud Cauley	1,342—$1,721,515
39. Ian Poulter	1,280—$1,715,271
40. Tom Gillis	1,277—$1,125,258
41. Ben Curtis	1,230—$2,416,473
42. Graeme McDowell	1,222—$2,408,279
43. Padraig Harrington	1,213—$1,546,272
44. Jeff Overton	1,199—$1,326,757
45. Troy Matteson	1,190—$1,198,953

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	1	1	0	.500	58	55
New England	1	1	0	.500	52	33
Miami	1	1	0	.500	45	43
Buffalo	1	1	0	.500	63	65

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	0	0	1.000	57	17
Indianapolis	1	1	0	.500	44	61
Tennessee	0	2	0	.000	23	72
Jacksonville	0	2	0	.000	30	53

NORTH

	W	L	T	Pct	PF	PA
Baltimore	1	1	0	.500	67	37
Cincinnati	1	1	0	.500	47	71
Pittsburgh	1	1	0	.500	46	41
Cleveland	0	2	0	.000	43	51

WEST

	W	L	T	Pct	PF	PA
San Diego	2	0	0	1.000	60	24
Denver	1	0	0	1.000	31	19
Kansas City	0	2	0	.000	41	75
Oakland	0	2	0	.000	27	57

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	2	0	0	1.000	41	39
Dallas	1	1	0	.500	31	44
Washington	1	1	0	.500	68	63
N.Y. Giants	1	1	0	.500	58	58

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	1	0	0	1.000	40	24
Tampa Bay	1	1	0	.500	50	51
Carolina	1	1	0	.500	45	43
New Orleans	0	2	0	.000	59	75

NORTH

	W	L	T	Pct	PF	PA
Green Bay	1	1	0	.500	45	40
Detroit	1	1	0	.500	46	50
Minnesota	1	1	0	.500	46	46
Chicago	1	1	0	.500	51	44

WEST

	W	L	T	Pct	PF	PA
Arizona	2	0	0	1.000	40	34
San Francisco	2	0	0	1.000	57	41
St. Louis	1	1	0	.500	54	55
Seattle	1	1	0	.500	43	27

WEEK TWO

Monday's result
Denver at Atlanta
Sunday's results
Arizona 20 New England 18
Buffalo 35 Kansas City 17
Carolina 35 New Orleans 27
Indianapolis 23 Minnesota 20
Cincinnati 34 Cleveland 27
Houston 27 Jacksonville 7
Miami 35 Oakland 13
N.Y. Giants 41 Tampa Bay 34
Philadelphia 24 Baltimore 23
Pittsburgh 27 N.Y. Jets 10
San Diego 38 Tennessee 10
San Francisco 27 Detroit 19
Seattle 27 Dallas 7
St. Louis 31 Washington 28
Thursday's result
Green Bay 23 Chicago 10

WEEK THREE

Thursday's game — All Times Eastern
N.Y. Giants at Carolina, 8:20 p.m.
Sunday's games
Tampa Bay at Dallas, 1 p.m.
St. Louis at Chicago, 1 p.m.
San Francisco at Minnesota, 1 p.m.
Detroit at Tennessee, 1 p.m.
Kansas City at New Orleans, 1 p.m.
Cincinnati at Washington, 1 p.m.
N.Y. Jets at Miami, 1 p.m.
Buffalo at Cleveland, 1 p.m.
Jacksonville at Indianapolis, 1 p.m.
Philadelphia at Arizona, 4:05 p.m.
Atlanta at San Diego, 4:05 p.m.
Pittsburgh at Oakland, 4:25 p.m.
Houston at Denver, 4:25 p.m.
New England at Baltimore, 8:20 p.m.
Monday, Sept. 24
Green Bay at Seattle, 8:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	28	15	7	6	35	25	51
Chicago	28	15	8	5	40	33	50
New York	28	14	7	7	49	40	49
Houston	29	12	7	10	41	34	46
D.C. United	28	13	10	5	45	39	44
Columbus	28	12	10	6	34	35	42
Montreal	30	12	15	3	44	49	39
New England	29	7	15	7	36	40	28
Philadelphia	26	7	13	6	26	31	27
Toronto	29	5	17	7	32	51	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	28	17	6	5	58	33	56
Seattle	28	13	6	9	44	29	48
Real Salt Lake	29	14	11	4	38	33	46
Los Angeles	29	14	11	4	50	40	46
Vancouver	29	10	12	7	29	38	37
Dallas	30	9	12	9	35	38	36
Colorado	29	9	18	2	36	43	29
Chivas USA	27	7	13	7	21	43	28
Portland	28	7	14	7	28	47	28

x — clinched playoff berth.
Note: Three points for a win, one for a tie.
Wednesday's games — All Times Eastern
Kansas City at New York, 7 p.m.
Chivas USA at Columbus, 7:30 p.m.
Portland at San Jose, 10:30 p.m.
Thursday's game
D.C. United at Philadelphia, 8 p.m.
Saturday's games
Kansas City at Montreal, 1:30 p.m.
New York at New England, 7:30 p.m.
Portland at Real Salt Lake, 8 p.m.
Columbus at Chicago, 8:30 p.m.
Toronto at Los Angeles, 10:30 p.m.
San Jose at Seattle, 10:30 p.m.
Sunday's games
Houston at Philadelphia, 5 p.m.
Chivas USA at D.C. United, 7 p.m.
Colorado at Vancouver, 7:30 p.m.

INTERNATIONAL SCORES

MONDAY'S RESULTS
ENGLAND
Everton 2, Newcastle 2
SPAIN
Valladolid 0, Real Betis 1

NASL

	GP	W	L	T	GF	GA	Pt
x-San Antonio	26	13	6	7	44	23	46
x-Tampa Bay	26	12	7	7	36	29	43
x-Puerto Rico	27	11	9	7	31	29	40
x-Carolina	26	10	8	8	43	45	38
x-Ft. Lauderdale	27	9	10	8	38	44	35
Minnesota	27	8	9	10	33	32	34
Atlanta	26	6	12	8	31	44	26
Edmonton	27	5	13	9	24	34	24

x — clinched playoff berth.
Sunday's results
Tampa Bay 3 Edmonton 0
Carolina 2 San Antonio 1
Saturday's results
Atlanta 1 Fort Lauderdale 0
Puerto Rico 2 Minnesota 0

UEFA CHAMPIONS LEAGUE

TUESDAY'S GAMES — All Times Eastern
GROUP A
Dinamo Zagreb vs. Porto, 2:45 p.m.
PSG vs. Dynamo Kyiv, 2:45 p.m.
GROUP B
Montpellier vs. Arsenal, 2:45 p.m.
Olympiacos vs. Schalke, 2:45 p.m.
GROUP C
Mlaga vs. Zenit, 2:45 p.m.
Milan vs. Anderlecht, 2:45 p.m.
GROUP D
Dortmund vs. Ajax, 2:45 p.m.
Real Madrid vs. Manchester City, 2:45 p.m.
WEDNESDAY'S GAMES
GROUP E
Shakhtar Donetsk vs. Nordsjlland, 2:45 p.m.
Chelsea vs. Juventus, 2:45 p.m.
GROUP F
LOSC vs. BATE, 2:45 p.m.
Bayern vs. Valencia, 2:45 p.m.
GROUP G
Barcelona vs. Spartak Moskva, 2:45 p.m.
Celtic vs. Benfica, 2:45 p.m.
GROUP H
Manchester United vs. Galatasaray, 2:45 p.m.
Braga vs. CFR Cluj, 2:45 p.m.

LOOKING TO MAKE A CAREER CHANGE?
Read metro work every Monday & Wednesday.

Horoscopes

♈ Aries
March 21 - April 20
The only worry now is that so many things are going well for you that you take too much for granted and end up making some kind of silly mistake. Watch out for little things that might trip you up.

♉ Taurus
April 21 - May 21
Act quickly if you have a good idea or see an opening that others appear to have missed. Pluto's positive influence means it's OK to be forceful when dealing with others, as long as you have a specific goal.

♊ Gemini
May 22 - June 21
The current cosmic set-up will make it easy for you to find extra cash if you need it, but you've still got to make an effort. Yes, you might win the lottery but be reasonable, the chances are slim.

♋ Cancer
June 22 - July 23
The planets indicate that whatever has gone out of your life over the past few months will be replaced by something infinitely better over the next few weeks. Think positive and positive things are sure to happen.

♌ Leo
July 24 - Aug. 23
Steer clear of people who display negative attitudes, even if they are people to whom you are close emotionally. You have important things to take care of today, things that make a positive outlook a must.

♍ Virgo
Aug. 24 - Sept. 23
With Pluto, planet of passion, turning direct in the area of your chart that governs affairs of the heart, this is the ideal time to let that special person know how you feel about them. Don't just say it — show it.

♎ Libra
Sept. 24 - Oct. 23
Whatever happens today, be it good, bad or indifferent, you will handle it with courage and confidence. This is an especially good time to make decisions about family issues. Let your intuition guide your actions.

♏ Scorpio
Oct. 24 - Nov. 22
No matter how well you think you are doing, you should be doing even better. Set your sights high and don't rest until you have realized your dream. You can't just sit back and let life come to you.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be tempted to take drastic measures to put right a financial issue that has been worrying you — and that's exactly what you should do. You have more to gain than you have to lose.

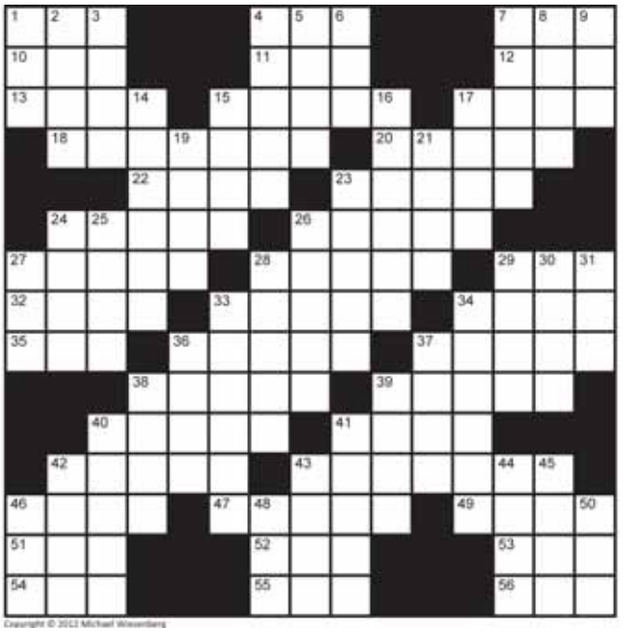
♑ Capricorn
Dec. 22 - Jan. 20
Don't waste your precious time seeking other people's approval, just get on and do what needs to be done. Not everyone will agree with your aims, and fewer still with your tactics, but why do you care?

♒ Aquarius
Jan. 21 - Feb. 19
As much as possible, try to convince others to go along with your plans rather than force them to do as you say. Just because you have the power to order people about does not mean you have to use it.

♓ Pisces
Feb. 20 - March 20
You will perform miracles today. No matter how difficult the task you are faced with, you will find a way to make a success of it. Friends and rivals alike will praise you for a job well done. SALLY BROMPTON

Crossword: A Few PMs

BY MICHAEL WIESENBERG



Across
1. Likely
4. CBS forensic drama
7. Canadian pols
10. Cow sound
11. Ad ___ committee
12. Evolutionary time period
13. Vassal
15. PM St. Laurent
17. Pack away
18. ___ Canadian (beer)
20. Scarborough, Ontario-born Austin Powers player Mike
22. "I should be sleeping like ___": line from "A Hard Day's Night" (2 wds.)
23. Portion
24. Sys ___: computer department VIP
26. ___ once: suddenly (2 wds.)
27. Towelled off
28. Secret agents
29. Obsolete TV program saver, for short
32. Some August babies
33. Gives a darn
34. Will beneficiary
35. Bond creator Fleming
36. Had the courage to try
37. Tosses
38. Pop trio brothers
39. Liberal or Conservative ___
40. ___ and the whale
41. Pile
42. Got in shape, with "up"
43. R.B. ___: 11th Prime Minister, who moved to Calgary in 1897, which became his political base
46. BMW subcompact model taken over from Rover in 2000
47. Years and years
49. Toronto-based "Tom Sawyer" group
51. "___ Maria"
52. "I got an ___ the test": "I aced it" (2 wds.)
53. Scottish "no"
54. Windows 7 or Mac OS X: acronym
55. Can. neighbour
56. Elbow's locale

Down
1. Morning times, for short
2. Bard's creation
3. Matador's opponent
4. Cheech's Edmonton-born partner
5. Under: Fr.
6. Here: Fr.
7. 39.37 inches
8. Amateurs' opposites
9. Observed
14. Calgary team
15. Bird that gives its name to the $1 coin
16. Happy expressions
17. Hutterites or Mennonites
19. Skidded
21. Affirmations
23. Carried on, as a trade
24. Field
25. Edmonton-born Maple Leaf Phaneuf
26. After: Fr.
27. 551 on a monument
28. NS-born singer McLachlan
29. Bulletproof garment
30. Québec ___
31. Monopoly has 4: abbr.
33. "O" follower
34. 22nd PM, whose riding also is in Calgary
36. Finished
37. James ___: TV's *Las Vegas* star
38. ___ Mitchell: Fort Macleod, Alberta-born writer of Crosby, Stills, Nash & Young hit "Woodstock"
39. Writes
40. James Earl or Tommy Lee
41. Auburn dye
42. DVR pioneer
43. Heckles
44. Albacore in a can
45. Russian leader before 1917
46. Angry
48. ___ de Cologne
50. Bottom seam

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Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	7	9	5		1			2
	5	3						1
2			9					
3	9				4			
	8	5				1	6	
			7				9	4
					3			5
5						6	4	
7			1		9	8	2	

Yesterday's Sudoku

6	5	1	7	9	3	4	8	2
8	3	7	2	4	6	9	5	1
4	9	2	5	8	1	6	3	7
2	1	9	6	5	4	3	7	8
5	8	6	3	7	9	2	1	4
3	7	4	8	1	2	5	9	6
1	4	5	9	2	7	8	6	3
7	6	8	4	3	5	1	2	9
9	2	3	1	6	8	7	4	5

Today
20°/7°
Thunderstorms
100%
Wednesday
15°/5°
Mainly sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
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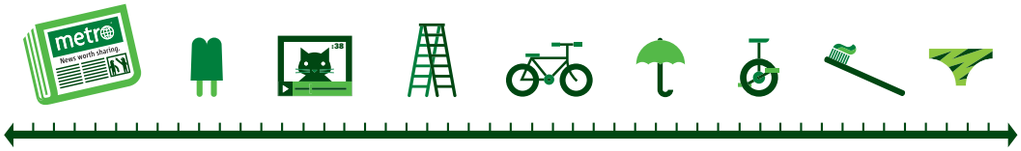
Sharability



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